

What does it really mean to backslide, and how can I walk in daily victory over sin?

Shalom!

Grace and peace to you in the name of our Lord and Savior Jesus Christ. Welcome as we dive into the truth of God's Word together.

□What Does It Mean to “Backslide”?

Today's question is critical for every professing believer: What does it truly mean to backslide?

You may have encountered someone who says, “Yes, I was saved, but I've backslidden.” And when you ask how, they might confess, “I went back to sexual sin because I was overcome by my desires.”

But dear friend, the sobering truth is this: if you return to sin as a lifestyle—especially to the very sins from which Christ supposedly saved you—then most likely, you were never truly born again. What you need is not restoration but genuine salvation.

□ What It Means to Be Truly Saved

True salvation is not merely a confession—it's a radical transformation of the heart, the mind, and the will. When a person surrenders fully to Jesus Christ—receiving Him as both Lord and Savior, turning from the world, carrying their cross daily (Luke 9:23), and undergoing true water baptism (Acts 2:38)—they enter into a new birth (John 3:3–5).

□ Spiritual Realities of the New Birth:

- They become dead to sin and alive to God (Romans 6:11).
- Their old life is crucified (Galatians 2:20).
- They are sealed with the Holy Spirit (Ephesians 1:13).
- They are hidden with Christ in God (Colossians 3:3).
- They become a new creation (2 Corinthians 5:17).

Sin is no longer their master.

□ For sin shall not have dominion over you, for you are not under law but under grace.

Romans 6:14 (NKJV)

This divine grace is more than just pardon—it is power.

Grace teaches us not to sin:

□ For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age.

Titus 2:11–12 (NKJV)

A truly saved person no longer sins as a pattern of life. Sin becomes a choice, not a necessity. Temptation may come, but by the Spirit's power, they can say no (1 Corinthians 10:13). Satan becomes powerless to compel them.

□ What If Someone Can't Stop Sinning?

If a person continues in sin habitually—whether it’s fornication, pornography, drunkenness, or unclean entertainment—it reveals they are still in bondage, not freedom. Jesus said.

□ Most assuredly, I say to you, whoever commits sin is a slave of sin.

John 8:34 (NKJV)

And again:

□ He who sins is of the devil, for the devil has sinned from the beginning. For this purpose, the Son of God was manifested, that He might destroy the works of the devil.

1 John 3:8 (NKJV)

A person enslaved to sin has not yet experienced true deliverance through Christ. They may want salvation, but they haven’t denied

self—the prerequisite to follow Jesus (Luke 14:26-27).

They still cling to ungodly music, worldly movies, inappropriate relationships, and vanity. Because of that, the power to overcome sin never enters their life.

⚖ Can a True Christian Backslide?

Yes—but with clarification. A true believer may go through a period of spiritual coldness, not outright rebellion. They may:

Decrease their prayer time.

Struggle to love others.

Stop witnessing or serving actively.

But they don't return to practicing sin (1 John 3:9).

Backsliding in this case is a temporary drift, not a total return to darkness. But if someone returns to the old sinful lifestyle with no conviction, they were never regenerated to begin with (Hebrews

10:26).

⚠ The Danger of Willfully Returning to Sin

Scripture gives terrifying warnings to those who have tasted salvation and then willfully go back to sin:

□ For if we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for sins,

but a certain fearful expectation of judgment, and fiery indignation which will devour the adversaries.

Hebrews 10:26-27 (NKJV)

Likewise, Peter warns:

□ *For if, after they have escaped the pollutions of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and overcome,*

the latter end is worse for them than the beginning.

2 Peter 2:20 (NKJV)

These individuals are like dogs returning to their vomit (2 Peter 2:22).

The result is a hardened heart that no longer desires repentance (Hebrews 6:4-6). This is not because God won't forgive, but because the desire to repent is removed. Their conscience becomes seared (1 Timothy 4:2).

□ The Solution: Genuine Repentance and Surrender

If you've returned to sin but still feel conviction today—that means grace is calling you!

Understand: you didn't backslide—you were never truly saved. But now you are being invited into true conversion.

What must you do?

1. Renounce the world completely. Burn the bridges to your old life.

2. Destroy every ungodly influence in your life:

Stop watching ungodly TV shows, movies, and demonic soap operas.

Throw away immodest clothing.

Stop using makeup, wigs, bleaching products, and worldly fashion.

Delete all secular music from your devices.

3. Deny yourself fully—even if it means being mocked, rejected, or losing friends.

4. Be baptized in water according to Scripture (Acts 2:38) and begin to walk in holiness.

Only then will the Holy Spirit fill you with the power to overcome

sin.

□ Why So Many “Christians” Are Powerless Against Sin

Many professing believers go to church, repeat sinner’s prayers, and appear spiritual—but they lack the power to overcome sin. Why? Because they’ve never surrendered fully.

Paul said:

□ Examine yourselves as to whether you are in the faith. Test yourselves.

2 Corinthians 13:5 (NKJV)

To “taste” Christ is to experience the internal power of the Holy Spirit that makes sin repulsive and holiness desirable. Without this, no one can live victoriously. You’ll keep cycling through confession without transformation.

† The Only Way to Receive This Power

Die to self.

Turn away from the world in practice, not just words.

□ If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.

Luke 9:23 (NKJV)

When you do, you will receive divine strength to walk in purity, truth, and power.

□ Final Words

If you have truly been saved, and you feel the power of God in your life—treasure it. Don't return to the world. Don't trample on the grace of God. That power is your lifeline. Without it, there is no second chance.

If you've never truly surrendered, but you hear God calling today—respond with full repentance. Don't delay.

May the Lord bless you and keep you.

Maranatha! (The Lord is coming soon.)

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